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# Natural Alternatives To The Top 10 Most Prescribed Drugs

by [Holly C. Corbett \(/author/holly-c-corbett\)](#) February 14, 2012



Are we an over-medicated nation? Let's  
look at the numbers: Americans spent

more than \$300 billion on prescription drugs every year; nearly half of all adults have taken at least one prescription drug in the last month; nearly a third regularly use two or more; and women are more likely than men to use prescription drugs, according to the CDC.

Drugs can undoubtedly save lives, but our penchant for prescriptions can sometimes mean treating or masking symptoms—without fixing the root cause of the health issue.

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“There are natural therapies available that are much safer, often more effective, and cost much less,” says Jacob Teitelbaum, MD, author of the book [Real Cause, Real Cure](http://www.realcauserealcure.com/uof/realcauserealcure/?cm_mmc=pvn.com-editorial_contextual-site_link-) [\(\[http://www.realcauserealcure.com/uof/realcauserealcure/?cm\\\_mmc=pvn.com-editorial\\\_contextual-site\\\_link-\]\(http://www.realcauserealcure.com/uof/realcauserealcure/?cm\_mmc=pvn.com-editorial\_contextual-site\_link-\)](http://www.realcauserealcure.com/uof/realcauserealcure/?cm_mmc=pvn.com-editorial_contextual-site_link-)

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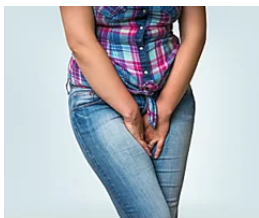


### **Eating to Prevent Diabetes**

AARP

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### **Got Bladder Control Issues? What to Know**

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### **Type II Diabetes: The Most Common Signs & Symptoms**

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### **6 Totally Innocent Reasons Your Blood Pressure Just...**

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**7 Things Your Gynecologist Won't Tell You—But Really Wants... Prevention**  
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